

# DINNERLY



## Low-Cal Haloumi and Roast Pumpkin Salad with Lemony Yoghurt Dressing



30 minutes



2 Servings

This has all you want in a salad: soft sweet pumpkin, squeaky salty haloumi, earthy burghul and a mixed of fresh green leaves – all dressed in a lemony yoghurt dressing. Low cal? Too right it is!



### WHAT WE SEND

- 400g Japanese pumpkin
- 180g haloumi <sup>7</sup>
- 60g burghul <sup>1</sup>
- 1 lemon
- 100g Greek-style yoghurt <sup>7</sup>
- 50g mixed salad leaves

### WHAT YOU NEED

- 100ml boiling water
- 3 tsp olive oil
- 1 small garlic clove
- 1 tsp dijon mustard <sup>17</sup>
- 1 tsp honey

### TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 595kcal, Fat 30.8g, Carbs 44.4g, Proteins 28.9g



#### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **pumpkin** and cut into 2cm chunks (see Make it yours). Cut the **haloumi** into 5mm-thick slices. Put the **burghul** in a heatproof bowl, pour in **100ml boiling water**, season with **salt and pepper** and stir to combine. Cover the bowl with a plate and stand for 5-8 mins until the water has absorbed.



#### 2. Roast pumpkin

Put the **pumpkin** on the lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to combine. Roast, turning halfway, for 20 mins or until golden and tender.



#### 3. Make yoghurt dressing

Meanwhile, crush **1 small garlic clove**. Juice **half the lemon**, then cut the **remaining half** into wedges. Put the garlic, **yoghurt**, **1 tbs lemon juice**, **2 tsp dijon mustard** and **2 tsp honey** in a large bowl and whisk to combine. Taste, then season with **salt and pepper**.



#### 4. Pan-fry haloumi

Heat **1 tsp olive oil** in a medium frypan over medium-high heat. Cook the **haloumi** for 1-2 mins each side until golden. Remove the pan from the heat.



#### 5. Serve up

Add the **salad leaves** and **burghul** to the **yoghurt dressing** and toss gently to coat. Divide the **salad**, **roast pumpkin** and **haloumi** among bowls. Serve with the **lemon wedges** to squeeze over. Enjoy!



#### 6. Make it yours

Pumpkin skin is edible, nutritious and delicious, especially when roasted. It also saves time and waste, so feel free to leave the skin on.